

April / May 2023

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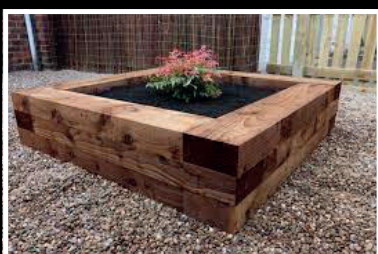
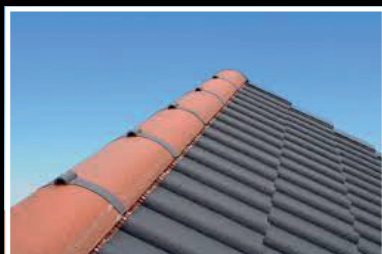
# Wednesfield magazine

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## Dear Reader,

Welcome to the April/May issue of the Wednesfield Magazine.

This magazine comes out just at the start of Spring, when most people's mood is supposed to start to improve as we look forward to better weather and more daylight.

I still don't understand why we need to put the clocks backwards and forwards at the start of Spring and Autumn.

Apparently, the USA and EU are both considering ditching the practice as it's viewed as outdated and unnecessary. Two states (Arizona and Hawaii) don't do it anyway – just to make it even more ridiculous!

The gardeners among you will be able to get out and do a bit more, now everything is starting to grow, which is great for our mental and physical health.

I've just had one of those scarifiers, to see if I can get my lawn in a bit better shape. I think there's more weeds than grass in it, so hopefully the new gadget might help. If I can't get it right this year, I might have to go for a full re-turf, but that feels like giving up and is probably a bit expensive.

By the time you read this, I'll be another year older (I know, I don't look it – thanks!) and I'm now starting to listen to my lot, who have been telling me to slow down for the last few years.

The trouble is – and some of you will be the same – I don't feel my age. In my head, I'm still 30.....ok, maybe 40.....alright 45, but I certainly don't feel 58!

Don't panic! I'm not stopping the magazines. However, I have another job as Bilston's Town Centre Manager, where I was doing three days a week. I'm now reducing that to two and at some point, will go down to one, then finish completely.

I'm very lucky in that I really love both jobs, but I need a bit of time for me, to play golf, get fit, read a book or make some pasta (I have a machine that I've only used twice and I'm getting grief about it)..... Oh and that bloody lawn won't mow itself!

Due to the increasing cost of print, more than ever, our advertisers are vitally important to the to the continuation of this magazine. Please have a look at their adverts and if you do purchase anything from them, PLEASE TELL THEM YOU SAW THE ADVERT IN THE WEDNESFIELD MAGAZINE!

The next issue will cover June and July and will be out on 25th May, so if you want to be in it, please contact me by 5th May.

Enjoy your read!

Simon



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# Good Rating for St Alban's CofE Academy



St Alban's CofE Academy has been on a significant, and at times, turbulent journey since it opened its doors. In the history of the school, 20 years, it had not once been awarded a good grading by OFSTED. However, in January 2023, the school finally, and deservedly, received a good grading with three areas also being graded outstanding in 'Leadership and Management, Personal Development and Early Years'. The school began its journey to become part of the Manor Multi Academy Trust in September 2018, marking the path for a road of significant and rapid improvements, determined to provide academic excellence and high aspirations for all children.

After joining the Trust, strategic appointments were made and teaching and learning across the school was developed through rigorous, continuous professional development and implementation of a bespoke, aspirational curriculum for all.

Head Teacher Matt Wynne, Associate Headteacher, at Manor MAT, "This school is a special place, the whole team live and breathe the children, they work incredibly. You can feel it as soon as you walk in. I am over the moon that the children at this school are now receiving an excellent standard of education. The community deserves it. It's amazing to be able to put St Alban's on the map!"

Hannah Abbiss, Deputy Headteacher, said "I am incredibly proud to have been part of the extraordinary journey St Alban's has been on. We are not just a school, but one big family,

with our children at the heart of every decision we make. It is because of this, that St Alban's is such a special place.

Madhu Kumar, class teacher, added, "I feel honoured and privileged to be able to teach within St Alban's. I love working at the school because I get a real sense of belonging and my achievements are always recognised. Both the children and colleagues genuinely work hard together as a team to create the supportive and inclusive working environment where everyone is welcome and allowed to shine in their strengths.

Sandeep Skinner, KS1 Phase Leader, said, "Since starting here at St Alban's, I was welcomed into this team with open arms, and it truly feels like I work with a family. The children are truly amazing, and I feel privileged to be working with them. They make me smile every day, and this achievement is truly their success story!

Attiye Passey, EYFS Phase Leader at St Alban's, said, "I feel incredibly lucky to be part of the St Alban's journey, as the school continues to go from strength to the strength. Every school aims to raise standards, but I feel lucky to be part of a team that supports, champions yet challenges one another, regardless of their role or experience. The get-go attitude, that is a direct result of this ethos, produces children who sprinkle magic into their curriculum, not because they're told to, but because they WANT to."

Tamera, year 4, added, "Everyone is here to be kind to one another and make friends."

Jayden, Year 6, continued, "The school provides a good education. I am also thankful for the teachers in helping me find my confidence to sing in front of others."





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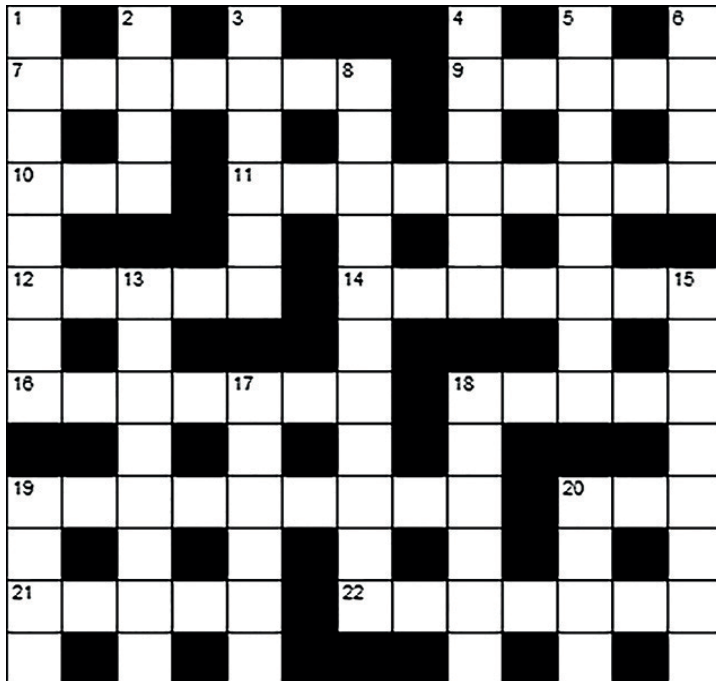
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# Crossword

Please see answers  
on page 47



**Across**

- 7 Voted in, chosen (7)
- 9 Concepts, notions (5)
- 10 Affirmative response (3)
- 11 Outward Behaviour (9)
- 12 Denigrate, exploit (5)
- 14 Enlightened, tolerant (7)
- 16 Analyses, observes (7)
- 18 Stick, cudgel (5)
- 19 Mobilising troops (9)
- 20 Blockade, stopper (3)
- 21 Bamboo-eating bear-like animal (5)
- 22 Ice river (7)

**Down**

- 1 A decade (3,5)
- 2 Chaos, disarray (4)
- 3 Filling, cloying food (6)
- 4 Baking soda (abbr) (6)
- 5 Not a Republican (U.S) (8)
- 6 Ruler, leader (4)
- 8 Destroying, breaking (11)
- 13 Supplanting (8)
- 15 Monument, feature (8)
- 17 Line joining points of equal atmospheric pressure on a weather map (6)
- 18 Tramp, drifter (6)
- 19 Drug, sedate (4)
- 20 Trickle, plop (4)

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## Willenhall based will writer Jim Stanistreet, from BensonWilliams, on secret trusts and half secret trusts

---



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Let's say I've got a client called William. He's married to Kate but has been having an extra marital affair, and now has a secret love child who Kate knows nothing about. As the father he wants to leave a sum of money in his will to the child, but he doesn't want Kate to discover what has happened. He is also acutely aware that if he doesn't leave the child anything in his will then the child's mother will claim against the estate and Kate definitely will find out what has gone on.

So, what can William do? One option is a "secret trust". In this scenario William leaves a sum of money in his will to a third party, let's say his brother Harry, and simultaneously enters into a private agreement with Harry that the money is actually meant for the child. This can work, but it does invest a lot of faith in Harry who could very easily keep the money for himself (which in turn would mean the child's mother claiming and Kate

learning the truth). Also, we don't know what Harry's personal circumstances are going to be when William dies. He could be facing bankruptcy, or be in the middle of a complex divorce, or be in residential care, all of which could inadvertently expose the money to attack from external forces.

A second option is a "half secret trust". In this scenario William leaves a sum of money to the trustees of his will, and also states in the will that the money "is to be used for the purposes already agreed by me with my trustees". This is probably a lot safer in terms of ensuring that the money ultimately finds its way to the child. However, without being specific, it does also alert Kate to the fact that something has been happening.

I have to say it is extremely rare for me to be asked to draft something on behalf of a client and also be asked to keep it a secret from their husband or wife. Camouflaging things from other family members is more common, but happily the vast majority of my clients have absolutely nothing to hide and are just using me to ensure that their assets pass to their loved ones with the minimum of fuss and unnecessary expense.

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# News In Brief

## Wednesfield Probus Club

At their meeting on 17th January, 2023 the President, John Pinkard, presented a cheque for £315 to Sally Woods, Community and Events Fundraiser for Compton Care. The money had been raised for the President's Charity nominated by the previous President, the late Mike Barlow. It also included donations made in memory of Mike who sadly died in late 2022. Mike who had been President for the last three years had, for many years, been an active fundraiser for Compton Care and was also heavily involved in Friends of Wolverhampton Grand Theatre, Willenhall Music Society and St Andrew's Church, Bentley.

Wednesfield Probus is a club for retired ladies and gentlemen which meets for lunch at 12 noon on the third Tuesday of every month at "The Castle", Wood End Road, Wednesfield. New members are always welcome.



## Sainsbury's Receive Generous Foodbank Donation from Accountants

Local Financial Advisor, Kully Shergill and his family have recently donated £800 to buy much needed food for two local foodbanks.

Mr Shergill opted to give the money to Sainsbury's in Wednesfield, so that Community Champion, Mandy Blakeway could buy suitable products for The Well in Wolverhampton and St Alban's Foodbank in Ashmore Park.



Kully said, "Me, my wife Ruby and my two daughters Navina and Karen save with the company I work for as a Financial Advisor.

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"One of the grants you can apply for as an 18-year-old and above is £200 twice a year and you can use this for any good cause in your community that you think needs yours and Foresters help."

"Me and my family chose to use our grants for two local food banks and spent a total of £800 at our local Sainsburys branch in Wednesfield where we shop regularly, we as a family want to help our local community in these difficult times."

Rev. Tom Fish from St Alban's and Gary Price from The Well, were presented with the food at the store recently.



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# Lisa Has a Lot of Bottle



**A Wednesfield lady and her family are toasting their success after stumbling across a small business, which has gone from strength to strength.**

Lisa Russon and her daughters, Kelsey and Aimee run a little business called Touch of Glitter X.

Lisa told us, “We all work so it’s kind of a little hobby which we love doing as we get to produce lovely gifts and meet such nice people. The downside is my house is covered in glitter!”

In February 2021 Aimee asked if they could glitter a bottle of Gordon’s Pink Gin for her friend’s birthday. They looked into how we could glitter the bottle and that was the start of their little business.

Lisa, who is a Legal Secretary, adds “It very quickly became a success, was fun to do and everyone loved their gifts, so in the March we decided to launch our own Instagram and

Facebook pages (touchofglitterx) making personalised glitter bottles and glasses for friends, friends of friends and family but through people receiving their gifts our little business has grown.”



They can personalise and glitter most bottles including alcoholic or non-alcoholic bottles. They even make the matching personalised glasses too. Each order they receive is individual and different and they get great pleasure from working with the public to get their gifts just the way they want them.

Lisa says, “These gifts make lovely presents for special birthdays, anniversaries, weddings and lots more. We have many comments on how our products are professionally made and we have a 5 star rating on Facebook.”

To check their products out please visit “touchofglitterx” on Instagram and Facebook. If you would like to place an order please send them a message and they’ll be happy to help.





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# A Million Dreams at Oak Meadow

Oak Meadow Primary in Ashmore Park recently transformed the school with their 'A Million Dreams...' gallery exhibition.

After a week of excitement, where creativity overflowed, the transformation of the school was completed. With it came the opportunity to present every child's artistry, expertise and proficiency to parents and families, the local community and specially invited guests.

All children learned about a particular artist and their influence on learners today. The diverse styles and cultural impact of Picasso, Seurat, Gaudi, O'Keefe, Goldsworthy, Banksy and Britto

were explored across the school with a variety of mediums used. Children reflected on their life-long ambitions for themselves within their drawings, sculptures or paintings.

Deputy Headteacher, Paul Lane, said "We hope that everyone who visited our 'Gallery of Dreams' marvelled at our children's outstanding knowledge, skills and hopes for the future. Every child will receive their artwork as a gift from the school as a thank you for all of their effort and desire in bringing the gallery to life with one simple condition ... they continue on their path as outstanding learners and make all of their dreams for the future come true!"







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We have a growing waiting list of people who want our help but we need more volunteers.

### **Do you have a small amount of time each week you could give to us?**

We are looking for local people who could give some of their time each week to become Reading Coaches or Coordinators.

Becoming a part of the Read Easy team is fun and fulfilling. You'll be given lots of support and full training, meet a diverse range of people, and be part of a genuinely life-changing organisation. From experience, we know that learning to read really does change lives, and being part of that process is special.

Volunteering with Read Easy is an exciting chance to play a key role in your community and to make a difference! So, if you would like to find out more please visit Read Easy UK's website **[www.readeasy.org.uk](http://www.readeasy.org.uk)** or contact Louise **[wtonrecruiter@readeasy.org.uk](mailto:wtonrecruiter@readeasy.org.uk)** tel: **07814 553104**

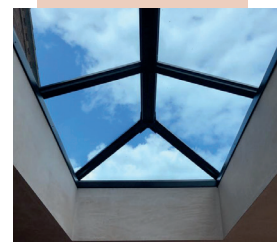


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one|stop

## One Stop 1000th store opening a success!

Convenience retailer, One Stop, celebrated the opening of their 1000th store on Friday 17th February. The new store at, 25 - 29 Silverton Way, Wolverhampton, WV11 3LL, was officially opened by the Mayor of Wolverhampton, Cllr Sandra Samuels OBE and One Stop Managing Director, Sarah Lawler.

It was only fitting for the Mayor of the city to attend the store opening, as One Stop started its journey in the same city, as a simple market stall, nearly half a century ago.

Once the store was officially opened with the cut of a ribbon, customers filled the aisles, and were delighted to welcome One Stop to the area. The first 100 customers received goodie bags, with £20 One Stop vouchers hidden all around the store, for customers to find after the opening event had taken place. On top of this, there were cakes and sandwiches available for all, with Warburtons supporting the opening, giving away 100's of goodie bags to customers.

Also in attendance were 10 local charities from the Wolverhampton area, each receiving a £1,000 donation from One Stop. These donations follow on from the retailers recent fundraising and donation milestone figure of £10 million raised over the last 10 years.

One Stop is introducing many sustainability initiatives across their business, as they continue their journey to have carbon neutral operations by 2035. As part of the event, One Stop unveiled a bench which they are donating to the local community. The bench was made from the company's recycled plastics and was created in partnership with Veolia.

The new convenience store provides the area with quality products and great deals across many different categories with a wide range of everyday essentials. One Stop stocks some of the nation's most popular and well-known brands with the retailer's own label 'Selected by Tesco' range also available. Highlighting the link between One Stop's own label fresh food and the market leading quality of Tesco.

One Stop has been recognised with several industry awards including 2022 'Convenience Retailer of the Year' at the Retail Industry Awards.

Sarah Lawler, One Stop Managing Director, said: "The opening of our 1000th store was a wonderful milestone for us, and it's been great to share with our customers, colleagues and the general public. I was delighted to see all of the activities we planned for the day really come together; the true reward was seeing how engaged the local community was throughout the event."

"This was also a great opportunity to meet some of the many local charities we help every year, and it was humbling to hear the challenges these charities and community groups face every day."

"Another big thank-you to everyone involved, including our customers and suppliers, a huge thank you goes to all of our colleagues for their support, not with just this store but every store that's come before."

One Stop supports three national charities, countless regional, community organisations and grassroots initiatives. One Stop has also donated 200,000 foodbank meals and has been working on key programmes to make food more readily available to others. This includes joining the 200 million meals campaign led by 'OLIO' and 'FareShare'.





**We're proud to celebrate  
'Convenience Retailer of the Year  
2022' and to mark the opening of  
our 1000th store!'**



**Come and visit our 1000th store  
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# Try the New Pheasant's Nepalese Menu



A taste of Nepal is now on offer at the New Pheasant Pub in Wood End Road, Wednesfield. Owners, Wayne and Janet Parkes – who are also responsible for the colourful displays on the traffic roundabout outside the front of the pub – have really transformed the pub since taking over a couple of years ago.

As Wayne says, “We wanted to turn it into a place where everyone, young and old, feel welcomed and comfortable.”

Wayne has also completely rebuilt the bar, so it now sits in the centre of the pub as an island with Sky Sports screens on all sides.

In fact, they have nine screens in total and an amplified surround sound system, so not only can you see the action, you can also hear it really clearly.

Another big change the couple have introduced, is to bring in a Nepalese chef, who's menu has gone down a storm with the regulars. Janet adds, “It's not massively dissimilar to Indian food, but there's a few items that are a little different. The sizzler dishes are a particular favourite with our customers! We are currently offering 10% off the food, so customers can try it out and save money” – see the coupon opposite.

As well as several other improvements, including a marquee to make better use of the outdoor space and a children's play area, with climbing frame, so, in the nicer weather, families can enjoy the facilities as well as having a bite to eat and a drink in the sunshine.



The pub now has regular entertainment every Friday, Saturday, Sunday and all bank holidays. Customers are treated to tribute acts, local singers and Northern Soul and Motown nights – Wayne and Janet are big fans!

So, whether you want to bring the kids, a group of friends, enjoy the footie with a couple of mates or just have a date night with the other half, there's plenty of choice at the New Pheasant.

Just remember to cut out the coupon on the opposite page!







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# Your Area – Your Choice



Wednesfield is a great place full of great people. Community spirit here is alive and well. I see it every day when I meet and work with people here.

The duty to represent Wednesfield South is and has been a real privilege and an honour.

As one Councillor it has been challenging at times. I am pleased that there is now a team on standby ready to help move Wednesfield forward with me.

In Wednesfield South I am hoping to be joined by Peter Dickens and Lewis Wastell.

In Wednesfield North there is Nathaniel Williams, Joseph Stepien and Janette Wastell. They all live locally and love this area and that's why they are standing for election this May.

Our focus is to get back to basics and see the council concentrate on improvements that benefit you, not wasteful big price tag projects that benefit a few.

As a group we want to see...

- More services and facilities for our young people here in Wednesfield instead of miles away.

- A commitment to a police base in the village. We've finally heard back from the Police Commissioner but will push for more detail, campaigning for a base here.
- Improved public spaces that will link in with the improvements being made with the levelling up funds, hard won by our MP Jane Stevenson.

I would like to continue working for the area after the May elections and ask that you please support our efforts and give us that opportunity.

Promoted by Simon Bennett, on behalf of Wolverhampton North East Conservatives, both at Kings House Business Centre, St John's Square, Wolverhampton, WV2 4DT. Printed by Buxton Press, Palace Road, Buxton, Derbyshire, SK17 6AE



# Wednesfield South

## Your Local Labour Team



Successful council £3.2M Towns Fund bid for Wednesfield Village



Successfully defending local Green Belt spaces on Linthouse Lane



Working with local groups to establish and fund veterans memorials



Successful Campaigns for Defibrillator Installations Across Wednesfield shops and parks

<b>Ciaran Brackenridge</b>	<b>X</b>
<b>Greg Brackenridge</b>	<b>X</b>
<b>Jacqui Coogan</b>	<b>X</b>

**Use all your 3 votes for Labour  
on Thursday 4th May 2023**



# House Builder Donates to Swimming Club

Persimmon give £1000 cash boost to our local swimming club Heath Town, based in Wolverhampton swimming and fitness centre, in Wednesfield.



Sales Director for Persimmon, Sarah Preston said, “What we do is about much more than just building homes, it’s about leaving a lasting positive legacy in the communities that we build in. We’re always delighted to lend a hand to local community groups to boost their ongoing initiatives or contribute to causes that mean a lot to them.”

It goes without saying that swimming with a club provides significant physical benefits. But what many might not appreciate is the difference it makes to mental wellbeing. For many of our swimmers, pushing themselves hard in the water provides a time to unwind and ease the pressures of the day.

Dee, one of our young volunteer’s says “I started off as many do by learning to swim and going up the stages until I was selected into a team. Now I can do what I love with friendly faces, meet new people and have opportunities to better myself and the club.

Recently I signed up for DofE so, I chose to help coach for my volunteer work. This has been such an amazing experience to improve my knowledge and confidence and I get to assist in teaching younger swimmers this amazing sport and seeing them progress every week. Lastly, by taking part in coaching as a young volunteer it has opened so many doors and pathways which I would like to follow in the future”.

Heath Town Swimming Club has been around since 1938 and has been located at various pools in the city over the years. As part of Swim England accreditation, part of the club development plan is to replicate a competition environment, similar to the golden years, with the purchase of 6 new diving blocks, back stroke ledges, waterproof speaker system and training for coaches, teachers, volunteers, young and not so young! All made possible with help from club funds, swim England grants, persimmon grants and resource support from Places Leisure the pool operators.



We are a small and friendly club, with excellent coaches, teachers and volunteers and high ambition of offering great a training pathway with our club awards for swimmers and reviving a swimming team for those swimmers that want to enter competitions.

If your child loves swimming and has completed at least Learn to Swim stage 8, then Heath Town Swimming Club could be the ideal next step for them.

Contact club on:  
**[info@heathtownswimmingclub.co.uk](mailto:info@heathtownswimmingclub.co.uk)**  
**Tracy Hudson**  
Club Chairperson



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# Wildlife in Wednesfield

Despite the very cold snowy garden that I am sitting looking at this morning, I know for sure that spring is just around the corner.

Walking along the footpath across the Linthouse fields the other day I was met with a display of crocuses by the turnstile and then serenaded by male skylarks, meadow pipits and the excited calls of buzzards soaring in the warm thermals. Along the old railway line towards Ashmore Park, blackbirds and song thrushes were trying out their spring songs and blue, great and long-tailed tits were all doing whatever it is they spend their time doing. It was a very pleasant walk and I was joined, for a few delightful minutes by a Wood Mouse, whom I suppose didn't notice me standing still and quietly. The mouse pottered around in the leaf litter, took a sniff of my boot and then vanished again to look for small things to eat.

So, mice! Not everyone's favourite mammal, particularly not the incontinent House Mouse. However, that mouse is not native, unlike the Wood Mouse, Yellow-necked Mouse, Dormouse and, possibly, the Harvest Mouse all of which much prefer the great outdoors.

By far the most common of our native mice is the Wood Mouse and the one you are most likely to see when walking along country paths, particularly near hedges and woods. Small, hazel to dark brown on top with a white underbelly and very long tail they are easy to see. Just stand quietly near piles of leaf litter and keep your eyes and ears open.



*Wood Mouse*

Yellow-necked Mice are similar in appearance to Wood Mice, but 15-20% larger with a yellow collar under their chins. I've not seen Yellow-necked



*Yellow-necked mouse*

mice locally, but they can be found on Wenlock Edge. Yellow-necked Mice are very feisty and will certainly bite you if you try to pick them up – you've been warned!

Near to Wenlock Edge our third mouse species can be found, the impossibly cute Dormouse.

Dormice have been badly affected by segmentation of their habitat by roads and are classified as rare and vulnerable to extinction in the UK.

They are one of the few native species of mammals that hibernate, along with hedgehogs and most bat species.



*Dormouse*

And then finally we have the Harvest Mouse.

Another 'cute as a button' mouse, which we are not really sure if it's native, but current thought is that it is. We know that it's been here for a very long time, but there is no pre-agricultural evidence of its existence in our islands. This may of course be because, being so small, there just isn't any evidence to find.

Harvest mice are very small and the only UK mammal with a prehensile tail, which it uses to anchor itself to grass and flower stems. They classed as vulnerable in Wales and critical in Scotland, but of least concern in England.



These days, they favour reed beds and thick undergrowth and make a round nest from grasses and reeds placed close to the ground.

Well, that's it for this issue, so don't forget to look up, look down, look all around and keep enjoying our wildlife.

Dave H  
wildlifeinwednesfield@google.com



WOLVERHAMPTON  
**YOUNG  
CITIZEN**



OF THE YEAR  
**ROTARY AWARDS**



# The Wolverhampton Young Citizen of the Year Awards 2023

*Do you know someone aged 13 -25 who:*

- **Has gone the extra mile to help others, their community, fellow students, work colleagues or someone in need.**
- **Lives, works or learns in Wolverhampton?**

Nominations for the **Wolverhampton Young Citizen of the Year Awards 2023** are open 1 March to 31 May.

*For more information and to nominate visit:*

[www.wolverhamptonyoungcitizen.org.uk](http://www.wolverhamptonyoungcitizen.org.uk)



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# Wolves Foundation

## Our History

---

Wolves Foundation began life as Wolves in the Community in 1991, thanks largely to the work of the late Baroness Rachael Heyhoe-Flint, a pioneering cricketer who also had a spell as a Wolves director and club vice-president. Rachael was in charge of the public relations at the club and would arrange for players to carry out visits in the community.

In 2008, we became a registered charity as Wolves Community Trust, gradually increasing the number and range of our projects. We then rebranded as the Wolves Foundation in 2017 and have continued to expand our programme of activities ever since, with over 40 different projects now running throughout the city.

### About us

Wolves Foundation is a cornerstone of the city of Wolverhampton. Through a team of highly skilled, dedicated staff and volunteers it harnesses the strong local connection with Wolves to motivate, educate and inspire tens of thousands of beneficiaries of its work across the city.

The charity works in partnership with key local stakeholders including the local authority, police, health service and education providers to identify risk factors in the city around societal issues and health status; using data and insight to deliver evidence-based practice through its vast array of projects that address these needs through its key three objectives;

- Healthier, more active people
- Lifelong learning and skills
- Safer, stronger communities

Working in the community is vital to its work and removing barriers to engagement regardless of age, gender, race, religion, sexual orientation, or disability. With participants ranging from 1 month to 100 years old across 225 different delivery sites in the city, work is delivered all year round improving the physical and mental health, personal development and life choices of the people engaged in its work.

*Data from its last 12 months work shows;*

- 92% of participants have improved their mental and physical wellbeing
- 90% of participants have improved their educational achievement
- 84% of participants feel they now contribute more to a safer, stronger, more inclusive community.

### Fairtrade Partnership

Wolves Foundation have given their support to Fairtrade Fortnight, an awareness campaign promoting better prices, decent working conditions and fair terms of trade for farmers and workers in the developing world.

For over 20 years now, Fairtrade campaigners have played a crucial role in calling for a fairer, greener and more sustainable future for food, and this two week spell, starting today, encourages and reminds people that, even at a local level, their actions can make a positive impact on a global scale.

That is why Wolves Foundation have – for the first time – decided to join the campaign, partnering up with Wolverhampton Fairtrade Partnership who were the first in the country to be awarded Fairtrade status by the Fairtrade Foundation, an accolade they have now held for 19 years.

“Fairtrade is a really important initiative where, if you buy food and drink from Fairtrade, part of that money is used to help farmers in the countries producing the products to improve their lives,” says Wolves Foundation’s Senior Schools Officer Marnie Richards.

“It can help them receive a fair income, as well as being invested into community projects in their local areas such as transport, water supply and schools and education.

“It also helps the environment because farmers who sell Fairtrade products must follow certain guidelines such as improving soil and water

quality, avoiding using harmful chemicals and reducing their greenhouse gas emissions. "You can buy Fairtrade products all the year around but this fortnight is about bringing together local businesses and organisations to raise awareness and celebrate the positives."

The Wolverhampton Fairtrade Partnership was initially set up by former MP Lord Bilston Dennis Turner, and current chair Julia Farrell recently visited Molineux to confirm the new partnership. Julia met with Marnie and Wolves Foundation

Schools' Officer Jeevan Kang, who has also been leading on a special project which will conclude during Fairtrade Fortnight.

"Jeev has been delivering a Fairtrade workshop via a six-part programme at Stowlawn Primary School which will then finish, here at Molineux, on March 1st," added Marnie.

"This will include fun activities such as football sessions, Fairtrade workshops and a tour of the Stadium."







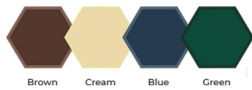
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# Wolverhampton Fairtrade



**Wolverhampton Fairtrade Campaigners have recently been raising awareness of the importance of buying Fairtrade during the annual Fairtrade Fortnight which ran from Mon Feb 27th – to Sun Mar 12th.**

Collaborative events have included Fairtrade Workshops for schoolchildren held at the Molineux hosted by Marnie Richards and Jeevan Kang from the Wolves Foundation; School assemblies at local primary schools, church stalls, presentations at Collins Aerospace, local radio broadcasts on WCRFM The annual Pat McFadden MP Fairtrade Coffee morning sponsored by Revolver Co-operative, culminating in The Mayoral Fairtrade Reception - which brought local schools together for the annual schools Fairtrade art competition; the theme this year was set by The Wolves Foundation and was, Design a Fairtrade Mascot. The overall winner was a pupil from Uplands Junior School Finchfield, who also won a tour of the Molineux for her school. The competition prizes included book tokens sponsored by Wolverhampton Rotaries and Easter Eggs from Mid-counties Co-operative presented by Mayor, Cllr Sandra Samuels OBE.

Julia Farrell, Chair of the Wolverhampton City Fairtrade Partnership – a steering group that brings together local businesses, faith groups, local government, and schools - explains why it's important to buy Fairtrade. "By buying products that carry the registered Fairtrade Mark it means that the producers receive a fair day's pay for a fair day's work plus a little extra which farmers and workers can spend on projects to benefit their own businesses and communities.

The coffee and cocoa and chocolate that we love so much can't be grown here due to our climate, and we are dependent on the farmers and producers to grow the things we love and, as campaigners, we believe that they deserve a decent income.

Fairtrade Fortnight 2023 has been a great success and I am especially proud that for the first time ever all electronic road signage gateways to the city have been displaying that we are a Fairtrade city! I thank everyone involved for helping make Fairtrade Fortnight the great success it has been.

Wolverhampton is in its 19th year of being a Fairtrade City – the first city across the UK to ever be granted this status. 2025 will be the 21st anniversary celebrations of being a Fairtrade City.

If you would like to get involved all contact details can be found at [www.wolverhampton.gov.uk/community/fairtrade-wolverhampton](http://www.wolverhampton.gov.uk/community/fairtrade-wolverhampton).

Follow on Facebook – Fairtrade in Wolverhampton

Follow on Twitter - Wolverhampton Fairtrade

There is a Fairtrade shop in the Mander Centre which can be found next to YMCA opposite Mander Centre Community Hub - just follow the floor signs – For more details visit Facebook page Wolverhampton FairTrade

**Julia Farrell BA (Hons)**  
**Chair - Wolverhampton City Fairtrade Partnership**







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# Health & Fitness

With Ben Mescam - Personal Trainer and Online Fitness Coach

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Spring is all about rebirth and growth, so it's the perfect time to start fresh. If you've been wanting to get fitter and healthier in your life, now is the time to do it. It's the perfect time to begin working towards your goals and making positive changes in your life.

All in all, Spring is a great time for your health and well-being. From the warmer weather and longer days to the fresh produce and abundance of activities, there are plenty of reasons to love this season.

So, make sure to get out there and enjoy it! Your mind, body, and soul will thank you for it.

The warmer weather and longer days give you more energy to get out and enjoy the outdoors. Exercise is a great way to boost your energy levels, and there are plenty of activities to choose from in springtime.

Getting your heart rate up is a great way to boost your energy levels and improve your mood. All of these activities are great for your physical health as well as your mental health, so get out there and enjoy the spring weather!

Another reason why spring may give you more energy is because of the increased

levels of daylight. Exposure to sunlight has been shown to improve mood and increase energy levels. This is because sunlight helps the body produce serotonin, a neurotransmitter that has been linked to happiness and well-being. This is one reason why spending time outside in the springtime is a great way to improve your mood! So if you're feeling down or have Seasonal Affective Disorder (SAD), getting out and enjoying the spring weather may be just what you need!

In addition to improving mood, sunlight also helps the body produce vitamin D. Vitamin D is essential for teeth and bone health, and it can also help improve mood and energy levels. This is another reason why spending time outside in the springtime is good for your overall health!

Another reason to love spring is the abundance of fresh fruits and vegetables that are available. This time of year is perfect for getting your daily dose of vitamins, minerals, and antioxidants from nature's bounty. Make sure to take advantage of all the delicious seasonal produce and incorporate it into your meals!

Some of the best fruits and vegetables to enjoy in the springtime include asparagus,





strawberries, blueberries, spinach, and peas. These foods are all packed with antioxidants and nutrients that can help improve your health and wellbeing. So, make sure to add them to your diet this season!

Another great thing about spring is the fresh air. Taking a walk in the park or spending time outdoors surrounded by nature can do wonders for your mental state. Exposure to fresh air and sunlight has been shown to improve mood, increase energy levels, and even reduce stress levels. Plus, getting some fresh air is great to clear your mind and reframe your thoughts.

So, if you're feeling stressed out or down, make sure to get outside and take a deep breath of fresh air. You'll be surprised at how much better you feel!

There are plenty of reasons to love spring, and these are just a few of them! This

season is a great time to get out and enjoy the weather while also improving your mental and physical health. So, make sure to take advantage of all that spring has to offer!



Ben Mescam is a Certified Health & Wellbeing Coach helping people become healthier by improving their habits.

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# Pasta Sauces of Rome

## Carbonara

Carbonara has grown incredibly popular in the UK.

First and foremost, it's crucial that we establish that pasta carbonara does not include cream. The basic formula is pasta alla gricia, plus egg.



The amount and ratio of whole eggs to egg yolks varies from chef to chef and nonna to nonna, but all authentic recipes include just cheese, egg, and guanciale. Carbonara can be just slightly trickier than gricia or cacio e pepe due to the finicky nature of egg-thickened sauces. Sadly, many discouraged cooks find themselves with a pan full of pasta and scrambled eggs... Emulsions can be elusive things.

Adding the egg right into a hot pan is, by nature, flirting with disaster; the delicate egg with cheese can't withstand the heat and breaks up into its disparate parts. But fear not, we can use an insurance policy (similar to that deployed with the pasta recipes above) against this misfortune. First, we will form an emulsion of egg and cheese, with a little splash of water, in a bowl. And then we toss the hot, guanciale-coated pasta vigorously in the bowl to avoid direct heat. The residual heat from the pasta and rendered fat will cook the egg gently and leave you with an impossibly velvety sauce.

### Ingredients:

8 ounces dried pasta – spaghetti, linguine, tagliatelle, fettucine

4 ounces guanciale or smoked lardons or streak bacon, diced

1 ounce Parmesan cheese (plus more for serving), grated

1 ounce Pecorino-Romano cheese, grated

1 large egg

1 large egg yolk

Freshly cracked black pepper, to taste

### Method

- 1 Boil pasta in a pot of heavily salted water for about 2 minutes less than the package directions recommend.
- 2 Add the diced bacon to a large skillet and place the pan over medium-low heat. Saute until the fat has rendered and the guanciale is crisp.
- 3 Meanwhile, in a large, heat-proof bowl, add both cheeses, black pepper, egg, egg yolk, and a splash of cold water; mix vigorously.
- 4 Drain pasta, reserving about 2 cups of pasta water.
- 5 Add drained pasta to the pan with the guanciale and toss a few times to coat in the fat.
- 6 Dump pasta into the large bowl with the cheese and egg mixture and toss vigorously, adding in more pasta water as needed to achieve desired consistency.
- 7 Taste, adjust seasoning, and serve topped with more Parmesan



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# The Full Monty

Even after four decades, green-fingered expert Monty Don's passion for the outdoors shows little sign of waning, as he explains why gaining new inspiration is so important.

A lifetime of getting green fingers might be taking its toll physically on the 67-year-old broadcaster and writer Monty Don: aside from his bout of peritonitis in 2007, a stroke that could have killed him a year later, and battles with depression – for which he says gardening has been a better antidote than any prescription drug – the everyday rigours of flowering and weeding, pruning and digging have left his body as weathered as one would expect... not that he cares.

"It's a strange day when you put the visual appearance of your garden over yourself," he laughs. "For me, that was quite some time ago, but it all relates back to how passionate you are about a subject or a project.

"It's a big job to keep my garden how I want it, and to keep going – you do that because it's important not only for the future, but in respecting the effort you have put in previously."

A renowned writer on all things horticultural since the early 1990s, Don has had over 20 books published and still pens a number of popular newspaper columns.

He became the welcoming, enthusiastic, all-knowing expert on the BBC's *Gardeners' World*

programme between 2003 and 2008, before taking on lead presenting duties for its flagship Chelsea Flower Show in 2014.



Well dressed in his 'painterly' style and with a sparkling demeanour, Monty's garden at Longmeadow in Herefordshire has become something of a national horticultural staple, with fans sharing in the ups and downs of tending to an expansive plot that continues to throw up new challenges. "We've had all manner of issues over the past few years, especially some drainage issues.

"Where nature is concerned, you've got to expect the unexpected – it's a fun part of the process... at least, fixing it is!"

When asked about his own inspirations, he admits to having been influenced by



the style and aesthetics of French gardener Nicole de Vesian, who passed away in 1996.

"Nicole had a great feeling for both colour and form, and then for space," he says. "Her use of colours could look muted and faded at first, but when her

gardens were in bloom they looked fantastic when the sun is shining. And she used the space in between plants and sculptures better than anyone. That's been a blueprint I've used for Longmeadow for quite some time.

"I think it's important to have heroes and inspiration, no matter who you are or for how long you've been in the game."







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# Wednesfield in Bloom

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Spring has finally arrived and with the warmer weather we will be out and about in the village and Ashmore Park, look out for us in our green T-shirts and hoodies, and come and say hello.

Since the last time we reported we have had a craft stall at the lights switch on and it was brilliant to see so many Wednesfield folk enjoying a great night, we also make Christmas wreaths to sell at Wednesfield Academy's Christmas fair.

The railing planters in the High Street, Amphitheatre and around the Hub have been replanted with spring flowering bulbs and Primroses.

As we gear up for the summer and firm up our plans we have the following dates for your diary, on Wednesday the 31st of May we will be holding our annual plant and cake giveaway.

We always have a variety of vegetable, tomatoes, herbs and flowering plants that we have grown from seed that we want to give away to the community, along with advice on how best to grow them on.

Also, during this week of half term, we will be organising, an activity day for the kids at both St Thomas Centre and the Hub which will be free for everyone.

We are planning an afternoon tea on Sunday 7th May to celebrate the Kings

Coronation so check in on our Facebook page for more information.

Finally, our judging day for this year is Friday the 7th of July when we will be welcoming the judges back and hoping for gold again.

We always welcome new volunteers, and if you can, weald a sweeping brush, make a cake, like crafting or are good at I.T, we would love you to join us, we also do some gardening usually followed by a cuppa and a chat.

Contact us via our Facebook page or give Julie a ring on **07904 573443** for more information.







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# Memories of Our Wednesfield



Local Historian Ray Fellows looks back at Wednesfield Market

'Wednesfield Market off to a Flyer', those were the headlines in our local paper in the early 1960s.



After some delay-unavoidable, but none the less, frustrating issues - Tuesday, 13th December 1960 saw the long-awaited market open. The orderly rows of little stalls, with their gaily striped awnings, lent an air of bright cheerfulness to the atmosphere of Christmas. The market site was across the road from the Regal in Alfred Squire Road.

Some traders at the time were F. Bonser & Son, hardware glass and china, Hilda Peach, curtains and dress materials, Birch's footwear, O. J. Edwards, high class butcher, O. Downes, fruit and veg, Holy-head soap powders and detergent, W. H. Jervis, poultry eggs and farm produce. If you were looking for top class meat with good service and reasonable prices Brian was the man.

Other traders were, Pauline's, toys and fancy goods, Fred's for groceries and toilet

requisites, F. Wesson, children's wear, Irene Marsh, sweets, chocolates, fancy goods and handbags. Doug Holden, groceries and pet foods, Brazier's home grown produce, eggs and poultry, and finally A. H. Painter nurseryman and florist.

Do you recall buying from these traders around 1965? If you are old enough, you would have shopped on the market back then.

In the 1970s the market moved to a new site on land by the council offices.

In the 1990s the market moved yet again this time into the high street and people were of the opinion that this would increase the number of traders and more shoppers would use the market, initially it did work but now the market today is sadly in decline, in January of this year, 2023 on one of the Saturdays only 3 stalls were occupied, the same happened in February.

Something needs to be done to attract more traders which in turn will attract more shoppers. What is happening to our market?

One reason could be that the younger generation are not interested in doing any shopping from the market as they buy goods online or go shopping around places like Bentley Bridge or other retail outlets.

Penkridge market does well, plenty of trader's lots of shoppers and it is the same with Bridgnorth market, Bilston market





celebrated being open for 50 years on March 12th of this year.

There is still a place for markets today, but our market needs help. Willenhall market is the same as ours, few traders and few shoppers, so we need to do something to save our market because if we don't then we may lose it.

One of the market's main traders is John Allen, his key cutters stall is there in all weathers, so he is dependable and you get a good friendly service from someone who has been on the market for years. Surely people must realise that we need people like John and his key cutter stall as he provides a really good local service to the folk of Wednesfield.

So, what can we do to get the market up and running again like it used to be in the 1960s?

Well, my suggestions would be to attract new traders by offering rent free stalls on Tuesday and Wednesdays for all traders, this would have a good chance of attracting new traders to our market, new traders would mean more shoppers, at the moment that would not cost much as there are not a lot of traders on those days.

Open up the High Street for traffic because on some mornings traffic coming over Gregory's bridge into Neachells Lane is queueing back nearly to Woodend Island. Widen the road by Barclays Bank old

building that then would help the traffic in the High Street, it's hardly a pedestrian area because you have a bus going through every few minutes and taxi's most of the time.

Well, I have said it before and I will say it again please use the market let's not lose another part of our history, the market has been open for 63 years let's make sure that it continues for another 63 years.

**To win a £20 Sainsbury's gift card, just answer the following question; how many years has our market been open?**

Please send your answers to 24 South Avenue, Wednesfield WV11 1QL. Alternatively email me at: **[fellows.raymond@yahoo.co.uk](mailto:fellows.raymond@yahoo.co.uk)** Entries must be received by Monday 24th April.

The winner of the last competition was Elaine Gough. If you have any stories or photo's you want to share, just send them to the above address.

Back in 1989 I traded on the market with Kath selling framed photos of Wednesfield. That is when I got interested in the history of our Wednesfield. 34 years and 4 books later I am still as passionate today about our history as I was back then. I gave my first talk at Bolton Road social club.

The History Society was formed by myself and Simon Hamilton in 2009, we held meetings firstly at the Vine then the Pyle Cock, later our meetings were held at the Nickelodeon and then at the Royal British Legion club, and now it seems that we have gone full circle and ended up back at the Vine after 14 years

There is a History Society meeting on Wednesday 22nd April, 11.30am in the lounge of the Vine Inn, all welcome. For more details then please phone Jackie Harrison on **01902 259776**.

# Useful Information & Telephone Numbers

## Community Hubs/Centres

Ashmore Park .....	01902 552490
Long Knowle .....	01902 552442
Low Hill .....	01902 552312
Wednesfield .....	01902 552218

## Local Councillors/MP

MP Jane Stevenson .....	01902 722026
Cllr Bhupinder Singh Gakhal .....	07771 836630
Cllr Greg Brackenridge .....	07552 211600
Cllr Christopher Burden.....	07971 843811
Cllr Mary Bateman.....	01922 403960
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Cllr Phillip Bateman .....	01922 403960
Cllr Rita Potter.....	01902 654599
Cllr Steve Evans .....	01902 861498
Cllr Val Evans.....	01902 861498

## Emergency Services

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Crime Stoppers (anonymous) .....	0800 555111
Electrical emergency .....	0800 328 1111
Flood line.....	0845 9881188
Gas emergency .....	0800 111 999
Police/Fire/Ambulance .....	999
Police (non emergency) .....	101
(Out of hours emergency) .....	01902 552999
Water emergency .....	0800 7834444

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Arthritis Action.....	0203 781 7120
Dr Libberton & Dr Ram - Cann Rd.....	01902 739973
Heath Town Medical Ctre .....	01902 456211
Mayfield Medical Centre .....	01902 351666
New Cross Hospital (switchbrd) .....	01902 307999
NHS non-emergency number .....	111
Raynor Road Medical Ctre .....	0844 3879400
The Surgery, Woden Road.....	0845 0724628
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National Domestic Violence .....	0808 2000 247
RSPCA .....	0300 1234 999

RSPB.....	0845 1200501
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St Gregory's C of E .....	01902 783342
St Patrick's RC Church .....	01902 736440
St Thomas's C of E .....	01902 723310
Wednesfield Christian Ctre .....	01902 689957
W'field Methodist Comm Church .....	01902 727130

## Schools

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## Crossword Answers

From page 10

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The next issue of the

**Wednesfield**  
magazine

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- Composite doors
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- All window styles
- Welded/Mechanical flush fit frames
- All window repairs
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## Family run business for over 27 years

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